# CIGARS CIGARS CIGARS

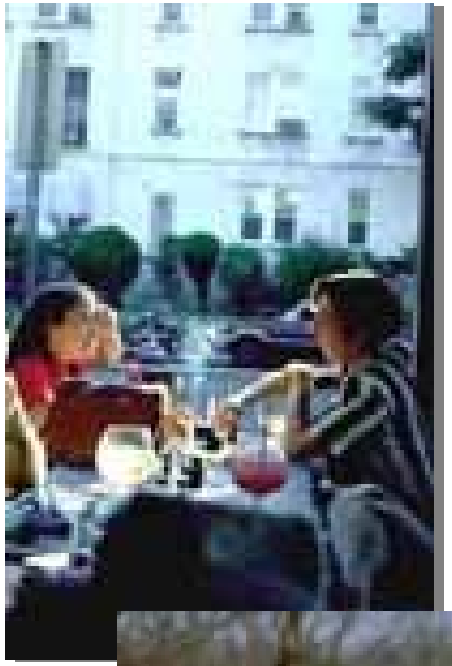
# Cigars promoted by Tobacco Companies as

- Cool & Sexy
- Manly
- Trendy & Chic
- For the Affluent
- To Celebrate

# Results of Marketing

- Huge increase in usage among Teens, Adults, Women and the Military

- Big Profits $$$ for Cigar Companies



# *Effects of Cigar Promotion*

- **Acceptable** to smoke cigars…
- **Hooked** thousands on Cigars!
- **$Millions$** spent on cigars
- Major **Dental & Health Problem!**

# *Cigar Myths*

- May switch from cigarettes to cigars without a problem
- Safe and Healthy Product
- Safe alternative to smoking cigarettes
- N

All are FALSE!

# *Health Effects of Cigars*

- Increased Cancer Risks- Lung, Oral, Laryngeal, Esophageal
- Increased Risk for Diseases- CHD,COPD,Aortic Aneurysm etc…
- Environmental Pollution!

Lung Disease

# Surgeon General's Warnings

- Cigar Smoking can cause Cancer and Heart disease!
- Tobacco use increases the risk of infertility, stillbirth, and low birth weight.

# Cigars- Short Term Effects

- Harmful to the health of those around you!
- Bad Smell and Odors!
- $Costs$
- Poor Role Model

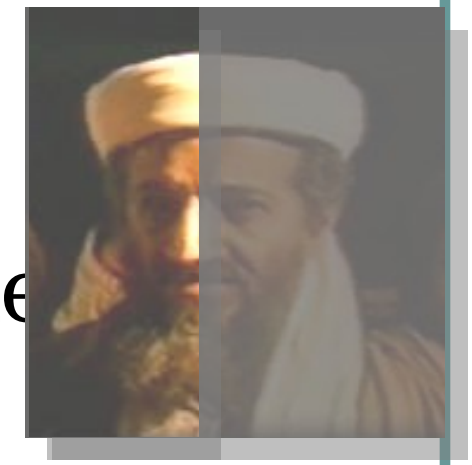
# *Cigars Stink*

**What smells so?**
**Has somebody been burning a rag, or is**
**there a dead mule in the backyard?**

**No, the man is smoking a five cent cigar**

**-Eugene Field**

# Effects on Military Readiness



- Decreased fitness
- More injuries among smoke
- Reduction of night vision
- More illnesses among smokers
- Lost work time & lost productivity due to smoking breaks

# Cigar Question???

**Do you really want to be next to a shipmate going through nicotine withdrawal during stressful times or combat?**

# *What the Navy's Top Doctor Says……*

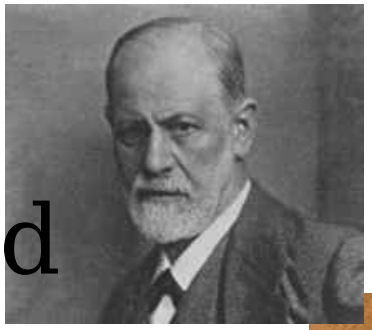
- Tobacco is Harmful to your Health!!!
- Quit!

**VADM Don Arthur**

# Famous Persons Who Have Died From Smoking Cigars

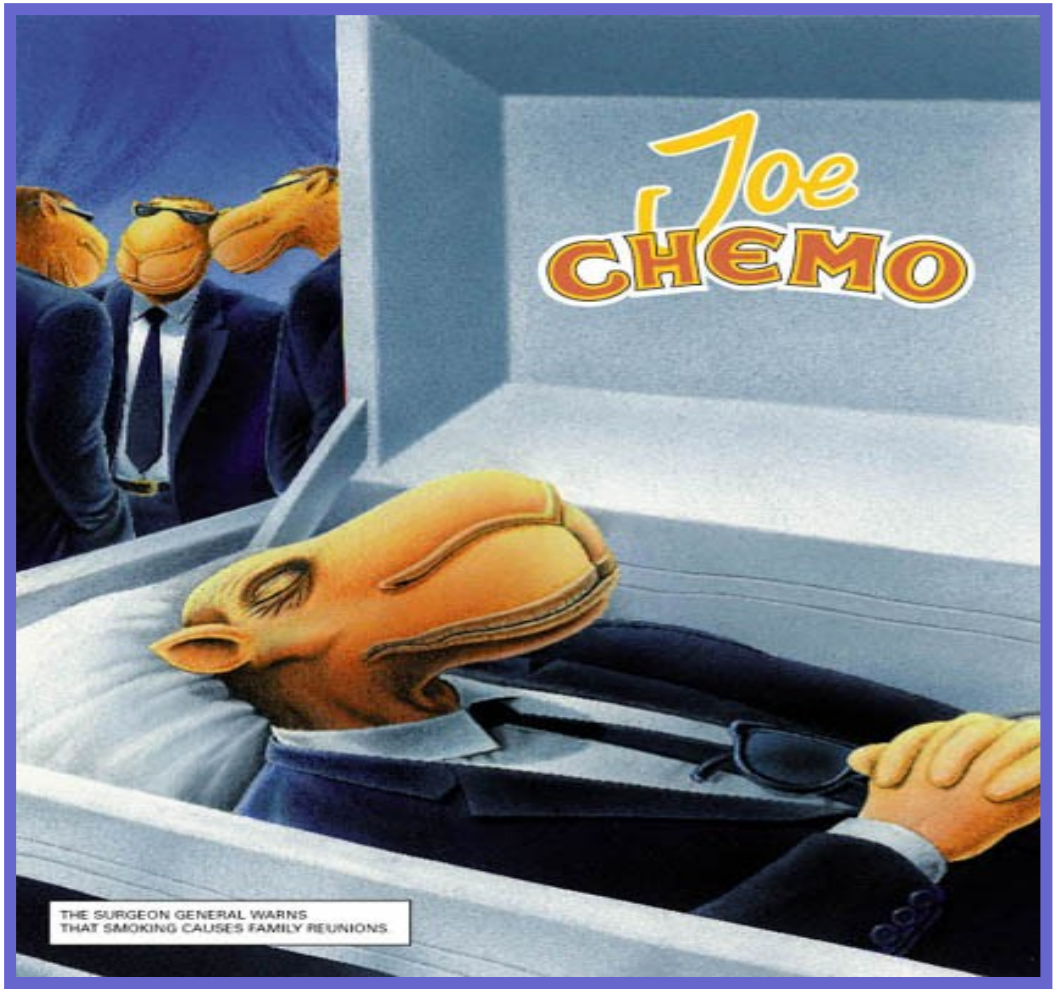
- Babe Ruth

- Dr. Sigmund Freud



- President Ulysses S. Grant

# Joe Cigar


Joe
CHEMO
THE SURGEON GENERAL WARNS
THAT SMOKING CAUSES FAMILY REUNIONS

# *Long Term Effects*

- Suffering and Pain due to the toll of Illnesses and Diseases
- Financial Costs$
- Underestimating Own Personal Risks

# *Another Reason To Quit!*

- **IMPOTENCE** in Men!
- **SMOKING REDUCES**

  **SEXUAL ABILITY!**

# *Another Reason to Quit!*

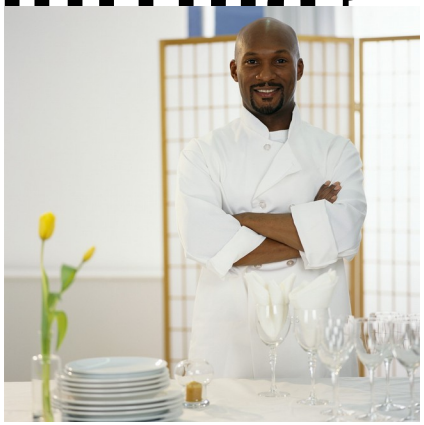
**”The best thing to do is to give cigars to your enemy”**

# Reason for Quitting

- What will you do with the money that you save?

# *Benefits of Quitting*

**What Are Your Reasons for Quitting?**



# *What Can I Do?*

- Decide to say Adios to Cigars

- Develop a PLAN
- Show everyone that you can live well without Cigars!

# Ready To Give Cigars the Boot?

- National Helpline 1-877-448-7878
- Online guide to Quitting
  www.smokefree.gov/guide/
- The Smoking Lamp is Out
  www-nehc.med.navy.mil/hp/tobacco
- Contact Hospital Tobacco Cessation Program